



COMPETITION RULES

VERSION 4.0

2025

Version History

Author/ Changes made by	Date	Version Number	Key Changes since Last Version
Girevoy Sport Australia	2019	1	Initial
Girevoy Sport Australia	March 2023 (30/3/23)	2	Formatting/Layout
Girevoy Sport Australia (Events Coordinator)	February 2024 (21/2/24)	3	Formatting/Layout, inclusion of Competition Information/Australia Nationals Divisions
Girevoy Sport Australia (Events Coordinator)	January 2025	4	Adopt consistent Policies format, including Review History and numbered sections/lines, Review document name & adjustment, Review of terminology and ensure consistency, Review of Counts, No Counts, Penalties, condensations and review entire document, removal of duplicate information (etc. Video Submission)

Overview

Girevoy Sport Association Australia, Inc has created this document for the continued growth and development of Girevoy Sport in Australia. Contained within is a clear a defined set of Competition Rules.

The Competition Rules encompass:

Part 1 General Regulations

Part 2 Glossary of Terms

Part 3 Competition Rules of each Discipline

Part 4 Competition Information

Part 5 Special Competitions

Unless the context otherwise requires, the terms used in this document shall have the same meaning as in the Girevoy Sport Association Australia Constitution and this document is to be read in conjunction with (and subject to) the Constitution and the GSAA Member Protection Policies.

International Governance

Girevoy Sport Association Australia (GSAA) is affiliated with international organisations. The International Union of Kettlebell Lifting (IUKL), and the World Kettlebell Sport Federation (WKSF), both of which are listed as GAISF observers (IUKL) or TAFISA members (WKSF). As such, GSAA offers all athletes the opportunity to represent Australia and compete in a variety of events and disciplines held at International Competitions.

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Part 1

General Regulations

1. Disciplines

1.1 There are four (4) different Disciplines for Competition.

- a) Jerk – One (1) Kettlebell and two (2) Kettlebells
- b) Long Cycle - One (1) Kettlebell and two (2) Kettlebells
- c) Half Snatch - One (1) Kettlebell and two (2) Kettlebells
- d) Snatch, including Military Snatch - One (1) Kettlebell

2. Competition Events

2.1 Traditional Events.

- a) 5- or 10-minute timeframes
- b) With either one (1) Kettlebell allowing for one (1) hand change only with hand-to-hand swing, or two (2) Kettlebells
- c) Biathlon: Jerk with two (2) Kettlebells & Snatch
- d) One Arm Biathlon: Jerk with one (1) Kettlebell & Snatch
- e) Triathlon: Long Cycle, with two (2) Kettlebells, Jerk with two (2) Kettlebells and Snatch
- f) The Kettlebell(s) may be placed down before time and still maintain the completed reps

2.2 Military Snatch Event.

- a) 12-minute timeframe
- b) Allows for multiple hand changes, via the standard hand-to-hand change
- c) The athlete is permitted to place the Kettlebell down before full time limited, and maintain the completed Repetitions

2.3 Marathon Events.

- a) Marathon events can be completed over two-time frames with either one (1) or two (2) Kettlebell(s)
- b) Half Marathon – 30 minutes
- c) Full Marathon – 60 minutes
- d) In Single Kettlebell Half Marathon and Marathon Events, multiple hand switches are permitted. This can be done at any stage during an Event or any Discipline. See Part 2 Section 7 for Hand Changes
- e) If the Kettlebell(s) are put down before the allotted time, the athlete will receive a Score of zero (0) and a Disqualification

3. Divisions

- a) Open (Men & Women)
- b) Veteran (Men & Women)
- c) Junior (Men & Women)

4. Age Categories

4.1 The Age Category is determined by the Day of Birth, not just the year.

- a) Junior (17 years and under)
- b) Open (18-49 years)
- c) Veteran (50+ years)

4.2 Athletes of the Junior and Veteran Age Categories are permitted to compete in the Open division.

4.3 International organisations have their own Age Categories for Junior, Open (Amateur/Professional) and Veterans/Masters.

5. Weight Classes

5.1 Traditional Events for Open & Veteran categories.

- a) Women: 48kg - 53kg - 58kg - 63kg - 69kg - 75kg - 80kg - 80+kg
- b) Men: 56kg - 62kg - 69kg - 77kg - 85kg - 94kg - 105kg - 105+kg
- c) Junior age groups are Open weight divisions
- d) Military Snatch is included in the above Weight Classes

5.2 Marathon Events.

- a) All age groups are Open weight divisions

5.3 International organisations may have differing Weight Classes for Traditional and Marathon Events.

6. Ranks

6.1 Ranks are achieved by reaching Repetition or Score standards within a specific Weight Class for a specific event or discipline with a specific Kettlebell weight.

6.2 Specific numbers are available in the 2025 GSAA Ranking Tables found on the GSAA website. www.girevoysportaustralia.org

6.3 Open Division includes:

- a) Rank 4 (IV)
- b) Rank 3 (III)
- c) Rank 2 (II)
- d) Rank 1 (I) - Minimum Standard to qualify for the Open Amateur Australian Team
- e) CMS - Candidate for Master of Sport
- f) MS - Master of Sport
- g) MSTA - Master of Sport Terra Australis

6.4 Junior Division includes:

- a) Rank 4 (J-IV)
- b) Rank 3 (J-III)
- c) Rank 2 (J-II)
- d) Rank 1 (J-I) - Minimum Standard to qualify for the Open Amateur Australian Team
- e) CMS – (J-CMS) Junior Candidate for Master of Sport
- f) MS – (J-MS) Junior Master of Sport

6.5 Veteran Division includes:

- a) Rank 4 (V-IV)
- b) Rank 3 (V-III)
- c) Rank 2 (V-II)
- d) Rank 1 (V-I) - Minimum Standard to qualify for the Open Amateur Australian Team
- e) CMS – (V-CMS) Veteran Candidate for Master of Sport
- f) MS – (V-MS) Veteran Master of Sport

6.6 All Rank 1 and above Ranks shall be recorded and submitted for judging via video submission before an official Rank is awarded (see Part 4 Section 12 Certified Ranks, Page 37).

7. Body Limitations

7.1 GSAA recognises that each athlete is an individual, and therefore, limitations in anatomy may exist.

7.2 It is the requirement of the athlete to demonstrate consistent alignment and technique throughout the competition event in line with the standards set for each discipline in the Competition Rules.

7.3 Limitations surrounding knees, elbow and shoulder joints should be highlighted to the Judge before the commencement of the flight.

7.4 Any athletes with a limitation attempting a Rank 1 or above via video submission, must demonstrate their lockout position on camera and be included in the video submitted.

8. Competition Attire

8.1 To achieve Ranks, Records, and placings and GSAA Competitions, athletes must wear appropriate attire which meets the criteria below.

- a) Sleeves of the shirt must finish above the elbows
- b) Pants must finish above the knees
- c) Socks must finish below the knees
- d) Athletes wishing to tape or have strapping on the knees and/or elbows must still be able to provide a visible lockout (see below for example strapping/taping options)
- e) Closed toe shoes must be worn
- f) Wrist Guards are permitted and shall not be longer than 12 cm

- g) Headbands are permitted
- h) Headphones are not permitted
- i) Ear plugs are permitted in exceptional medical circumstances
- j) Weightlifting belts are permitted, the width shall not exceed 12 cm at the back and 6 cm in front, there cannot be any padding, and the belt must be worn over the athlete's attire
- k) Elbows shall not contact the belt when in the Rack position
- l) Jewelry, watches, rings, bangles etc. on the wrist and hands are not permitted
- m) A small chain of cultural or religious significance may be worn around the neck
- n) Piercings on the head are permitted
- o) Hats are only permitted should GSAA host an outdoor Competition
- p) Any damage to the athlete's attire when lifting, or athletes body as a result of lifting with that attire, is the responsibility of the athlete wearing the attire

8.2 Athlete with attire (not approved above) must present a medical document, signed and dated by a General Practitioner or a Health Care Professional (HCP) to a GSAA Official.

8.3 International Competitions have specific standards of attire requirements including

- a) T-shirt for Long Cycle, Jerk, One Arm Long Cycle, One Arm Jerk
- b) Singlet for Snatch
- c) Tucked in upper body garments
- d) Tracksuit for parade
- e) Tracksuit for podium

8.4 Taping/Strapping

- a) Athletes utilising taping or strapping of the elbow or knee must still be able to provide a visible lock out
- b) The athlete must demonstrate this to the judge prior to the commencement of their event
- c) The suitability of tapping/strapping options is at the discretions of GSAA Officials
- d) The below examples are guides, please contact GSAA with images of your mode of tapping/strapping to confirm prior to a Competition



Elbow



Knee

9. Competition Equipment

9.1 Lifting Platform Specifications

- a) 1150mm X 1150mm with 1m spacing between platforms to provide safety
- b) Platform materials can be of a wood or a rubber surface

9.2 Competition Kettlebell Specifications

Approved technical specifications of mass

- a) Height - 280 mm
- b) Diameter of the body: 210 mm
- c) Diameter of the handle: 35 mm
- d) Internal handle height: 55 mm
- e) Distance from handle to handle 123 mm



9.3 Competition Kettlebell Colours – As per Kettlebell Kings.

4kg	Light Lemon	24kg	Green
6kg	Aqua Blue	26kg	Green w/ Black Ring
8kg	Pink	28kg	Orange
10kg	Pink w/ Black Ring	30kg	Orange w/ Black Ring
12kg	Blue	32kg	Red
14kg	Blue w/ Black Ring	34kg	Red w/ Black Ring
16kg	Yellow	36kg	Black
18kg	Yellow w/ Black Ring	40kg	White
20kg	Purple	44kg	Grey
22kg	Purple w/ Black Ring	48kg	Gold

9.4 Personal Kettlebells

- a) Are permitted at Interstate Open and State of Origin Competitions within Australia
- b) Athlete must present Kettlebell(s) to the head Judge during the Pre-Competition Weigh-In
- c) The Kettlebell(s) must match the dimensions in Part 1 Section 9.2
- d) Kettlebell(s) weight must be within (+/-200grams) of mass

9.5 Chalked Kettlebell(s)

- a) Chalk is permitted to be used at all GSAA Competitions
- b) Preparation of the Kettlebell(s) is the responsibility of the athlete
- c) Athletes should not remove Kettlebell(s) from the lifting platform or warm up area
- d) Athletes may chalk their Kettlebell(s) up to 30 minutes prior to their event
- e) Kettlebell(s) must be made available to athletes based on order of Events
- f) If previously prepared Kettlebell(s) are required for an earlier Event, athletes must make these Kettlebell(s) available

10. Competition Scoring

10.1 Single Discipline Events

- a) Each repetition counts for ONE (1) point for ONE (1) Kettlebell, or TWO (2) Kettlebells.

10.2 Multi Discipline Events

- a) Biathlon – Jerk = 2 points, Snatch = 1 point
- b) One Arm Biathlon – OAJ = 1 point, Snatch = 1 point
- c) Triathlon – LC = 3 points, Jerk = 2 points, Snatch = 1 point

10.3 Pigdon Points

- a) This formula and the subsequent name “Pigdon Points” was voted on and adopted by GSAA Committee & Members at the 2022 GSAA AGM.
- b) Where a coefficient is required, the following formula will be used to determine the winner.

10.4 Pigdon Points Formula

- a)
$$\text{Kettlebell Weight (kg)} \times \text{Kettlebell Coefficient} \times \text{Discipline Coefficient} \times \text{Repetitions} / \text{Bodyweight}$$

10.5 Kettlebell & Discipline Coefficient.

Kettlebell Coefficient		Discipline Coefficient	
Weight	Points	Discipline	Points
4kg	0.3	HS	1
6kg	0.4		
8kg	0.5		
10kg	0.6	OAJ	1.1
12kg	0.7		
14kg	0.75		
16kg	0.8	OALC	1.2
18kg	0.85		
20kg	0.9		
22kg	0.95	Snatch	1.3
24kg	1		
26kg	1.1		
28kg	1.2	Jerk	2
30kg	1.3		
32kg	1.4		
34kg	1.5	Long Cycle	2.8
36kg	1.6		
40kg	2		
44kg	2.5	Double Half Snatch	3
48kg	3		

Part 2

Glossary of Terms

1. Repetition

1.1 A Repetition is the completion of one cycle of a Competition Discipline to the satisfaction of the presiding Platform Judge, Head Judge in accordance with the GSAA Competition Rules version 4.0.

1.2 A Repetition is counted when

- a) The Rack has been clearly marked before the commencement of the Jerk (where applicable)
- b) Knees and elbows are fully extended (locked out)
- c) Feet are visibly seen to be flat to the floor
- d) All parts of the body are motionless
- e) Arms, torso and legs are in consistent Alignment for all Repetitions
- f) The Kettlebell(s) has come to a complete stop (Fixation) in the overhead position

2. Fixation

2.1 Fixation is the complete and visible stop of the Kettlebell(s) and body at the end of every Repetition (momentary pause) over head.

2.2 GSAA recognises that each athlete is an individual, and therefore, differences in Fixation may exist.

2.3 The athlete is required to demonstrate consistent Fixation throughout the Event in line with the standards set in the Competition Rules.

2.4 Athletes should demonstrate their Fixation to the Platform Judge and/or Video review Judge, prior to starting their Event.

2.5 In the overhead position Fixation is exemplified by:

- a) The athlete's knees, hips and elbows are fully extended
- b) The feet are visibly seen to be flat to the floor
- c) The athlete's body being in a consistent vertical alignment
- d) The athlete's entire body coming to a complete stop
- e) The Kettlebell(s) visibly come to a complete stop (briefly)
- f) The Kettlebell(s) must not wobble, sway, swing, drift or bounce in Fixation
- g) Failure to achieve Fixation with result in a No Count

3. Alignment

3.1 Alignment is exemplified by the athlete's entire body facing forwards and reaching full extension with Kettlebell(s) overhead

3.2 GSAA recognises that each athlete is an individual, and therefore, differences in Alignment may exist.

3.3 The athlete is required to demonstrate full extension Alignment of their body to the Platform Judge and/or Video Submission Judge

3.4 The Athlete is required to demonstrate consistent Alignment throughout their Event

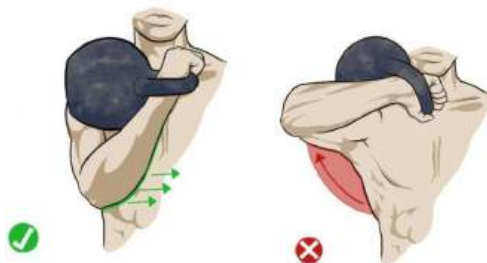
3.5 In the overhead position Alignment is exemplified by:

- a) The athlete is facing their Judge, standing up straight (legs, hips and arm(s) in full extension), with kettlebell(s) over the shoulder
- b) The athlete's free hand must remain below the shoulder
- c) There is no excessive side lean or rotation
- d) Shoulders and hips are facing the same direction
- e) Alignment is consistent with previous Repetitions
- f) Failure to achieve Alignment results in a No Count

4 Rack

4.1 In the Rack position, the Kettlebell(s) sits comfortably against the chest, the athlete's arm(s) tucked in and pressed into the trunk, with elbow(s) under the weight of the Kettlebell(s).

4.2 Legs, knees and feet are in an anatomically neutral position.



4.3 GSAA recognises that each athlete is an individual, and therefore, differences in the Rack may exist.

4.4 The athlete is required to demonstrate consistent Rack position throughout the Event in line with the standards set in the Competition Rules.

4.5 Marking the Rack is exemplified by:

- a) The Kettlebell(s) visibly being seen to stop in the Rack, after the Clean during the ascending phase of the Discipline (Jerk & Long Cycle)
- b) Knees are seen to extend to an anatomical neutral position after the Kettlebell(s) land in the Rack

- c) Connection of the elbows to the torso is visible during the ascending or descending phase of the Discipline (Jerk, Long Cycle and Half Snatch)
- d) Feet are flat to the floor and visibly return to an anatomical position before ascending or descending from the Rack position
- e) If a belt is worn, the athlete's elbows must not touch the belt while in Rack
- f) Athletes with anatomical issues (e.g., locking knees or unable to flatten feet) must bring this to the attention of their Judge prior to the Event
- g) Athlete's must demonstrate a consistent Rack position

5. Count

5.1 A digital or verbal Count is given by the Platform Judge when the athlete completes a satisfactory Repetition in each Discipline.

5.2 Digital Counts are displayed electronically on Competition Timers.

5.3 Competition Timers also display the set time, counting in an ascending manner.

5.4 Marking the Rack, Alignment and Fixation must be displayed by the athlete before a Count can be given.

6. Resting Position

6.1 During the Event, an athlete is allowed to rest in the following positions:

- a) Rest with Kettlebell(s) in overhead position in ALL Competition Disciplines
- b) Rest in the Rack position for all Disciplines except Snatch
- c) Once the Rack has been marked, the athlete can shift the bells from side to side, the arms must not lose contact with the torso
- d) The Kettlebell(s) must not rest on top of the shoulders
- e) The elbows must remain under the weight of the Kettlebell(s) when resting
- d) Kettlebell(s) must return to the Rack position before continuing with the next Repetition
- e) If a belt is worn, the athlete's elbows must not come into contact with the belt while resting in the Rack position

6.2 The overhead position is the **only** permissible resting position for the Snatch

6.3 Athletes are permitted to make clothing adjustments, wipe sweat, scratch an itch, assist with eructation (belching) during a Competition Event provided the Kettlebell(s) are in a permitted Resting position

6.4 The athlete must not rest their free hand against their body or Kettlebell(s)

6.5 Athlete's must not rest with the Kettlebell(s) in a static hang position

6.6 Resting in a prohibited position will result in a Level 2 Penalty (see Part 2 Section 12, Page 20)

7. Hand Changes

7.1 Traditional Events

- a) Single Kettlebell Disciplines permit only one hand change. This can be completed at any stage during a Competition Event
- b) The Platform Judge or Head Judge may also command an athlete to change hands if, due to fatiguing or failing technique, it is deemed unsafe for the athlete to continue competing on the current hand
- c) In all single Kettlebell Traditional Events an athlete must change hands with a hand-to- hand swing

7.2 It is not mandatory to change hands during a Competition Event, an athlete may complete an Event on one hand.

7.3 Military Snatch Event

- a) Hand changes are only permissible via the standard hand-to-hand swing change

7.4 Marathon Events (Single Kettlebell)

- a) During single Kettlebell Half Marathon and Marathon Events, athletes are permitted to change hands multiples times.
- b) All Disciplines may use the standard hand-to-hand swing change

7.5 Alternative Half Marathon & Marathon Hand Changes

- a) Two arms Clean – e.g., the Kettlebell passes between the legs with two hands, during the reclean one hand is removed before landing in the Rack
- b) During the descent – e.g., switching on the downward phase, passing the Kettlebell from one hand to the other hand before completing a swing between the legs
- c) Before the Dead Stop – e.g., removing the first hand from the Kettlebell during the back swing
- d) Two arms swing and change – e.g., completing a two-hand swing then removing the first hand before the Dead Stop of the backswing, while completing a single arm Clean

7.6 Failure to change hands correctly will result in a Level 2 Penalty (see Part 2 Section 12, Page 20)

7.7 Hand Changes for Single Kettlebell Half Marathon & Marathon Events.

Hand Change	OAJ	OALC	Snatch	OAHS
Hand-to-hand swing (one arm swing change)	✓	✓	✓	✓
Two arms Clean	✓	x	x	x
During the descent	✓	✓	✓	✓
Before the Dead Stop	✓	✓	✓	✓
Two arms swing and change	✓	✓	✓	✓

8. Fluffing Windows

8.1 As per the WKSF Rules for Half Marathon and Marathon Events, Fluffing Windows are allowed at specific time intervals where athletes may have assistance from teammates/selected individual(s).

8.2 Every 10minutes (with a call 1 minute before) and allowed to receive assistance and resources for 3minutes.

An example includes:

- a) 9th minute – Fluffers prepare call
- b) 10th minute – Fluffers may enter the platform areas to offer assistance and resources for a 3-minute period
- c) 13th minute – Fluffers must be out of the platform area
- d) 19th minute – Fluffers prepare call
- e) 20th minute – Fluffers may enter the platform areas to offer assistance and resources for a 3-minute period
- f) 23rd minute – Fluffer s must be out of platform areas

8.3 Fluffing Windows will continue at the 29th minute, 39th minute and 49th minute for Half Marathon & Marathon Events

8.4 Fluffing Requirements

- a) Fluffers must enter the platform area from the side, moving behind all other platforms and transition to their athlete, while not interfering with other competitors/athletes
- b) Fluffers must not block the view of the Platform Judge
- c) Fluffers must not touch the Kettlebell(s)
- d) Athlete must pause with the Kettlebell(s) and be stationary in an approved Resting Position to receive assistance and resources
- e) Athletes may ask for chalk, water, towel and nutrition
- f) Chalk bags clipped around the waist may be used, but only during the approved fluffing windows
- g) Fluffers may assist with athlete's attire and body, including massage, sweat and shoelaces
- h) A violation of the Fluffing Requirements will result in a Disqualification and a score of zero (0)

9. Judging Terminology

9.1 Platform Judge(s) are required to:

- a) Understand the Rules of Competition
- b) Know when they are scheduled for Judging
- c) Know the athlete's name, the Discipline and the weight of the Kettlebell(s)
- d) Know if the athlete is attempting an Australian Record
- e) Start the Competition Timer at the five (5) second countdown by the GSAA Representative
- f) Advise competitor(s) surrounding video recording as per the Competition Rules
- g) Count Repetitions as per the Competition Rules
- h) Issues No Counts as per the Competition Rules
- i) Provide verbal or visual cues
- j) Ensure Repetitions are added to recording sheet after the Event
- k) Seek assistance from the Head Judge if required
- l) Follow the instructions of the Head Judge
- m) Platform Judges should (but aren't limited to) judge Ranks they themselves have attained

9.2 Head Judge(s) generally are individual athlete’s, State Representative, Hub Representatives, and Committee Members that have demonstrated a comprehensive understanding of the GSAA Competition Rules and have correct technical execution of all the Disciplines.




9.3 The Head Judge(s) are required to:

- a) Have a comprehensive understanding of the Girevoy Sport Australia Competition Rules Version 4.0
- b) Demonstrate correct technical execution of all Disciplines
- c) Set the Competition Timers to the required duration for the Event
- d) Liaise with Platform Judges surrounding Counts and No Counts as per the Competition Rules
- e) Provide the Platform Judge with instantaneous or retrospective feedback, penalties and scoring
- f) Provide the athlete with instantaneous or retrospective feedback, penalties and scoring
- g) Assist the Platform Judge with confirmation of STOP Commands and Disqualifications
- h) Ensure Repetitions are added to recording sheet post Event
- i) Remain vigilant during the Competition Events
- j) If the Head Judge is competing, a backup or temporary Head Judge may be assigned

10. Penalty

10.1 There are three (3) hand signals used to communicate penalties while judging.

10.2 Penalties are issued by the Platform Judge and/or Head Judge when a violation has occurred.

Penalty	Hand Signal
No Count	
STOP Command	
Disqualification	

11.No Count

11.1 A No Count is a Penalty that may be issued by a Judge if an athlete:

- a) Fails to meet the required elements for that Discipline and/or violates any of the Competition Rules
- b) Does not face the Judge
- c) Fails to Mark the Rack (see Part 2 Section 4, Page 14)
- d) Fails to achieve consistent Alignment (see Part 2 Section 3, Page 14)
- e) Fails to achieve Fixation (see Part 2 Section 2, Page 13)
- f) Presses the Kettlebell(s) to lock out elbows after knees have been straightened
- g) When a No Count is issued, the athlete must return to the starting position of the Discipline and begin a new Repetition
- h) International Competitions may have varying Rules in regard to penalties, please ask a GSAA Representative

12. Level 2 Penalty

12.1 A Level 2 Penalty is a violation that has been deemed to give an unfair advantage to the competing athlete.

12.2 Once a Level 2 Penalty is issued the Event will no longer be eligible for an Australian Record

12.3 The first offence of any Level 2 Penalty will result in a No Count

12.4 The athlete may continue competing after receiving the No Count

12.5 The athlete is still eligible to achieve a Rank

12.6 The athlete is still eligible to qualify for the Australian National Kettlebell Team

12.7 The second offence of the same Level 2 Penalty will result in a STOP Command, and the athlete shall return the Kettlebell(s) to the Lifting Platform and leave the competing area

12.8 A Level 2 Penalty is issued if an athlete:

- a) Performs the incorrect Discipline
- b) Performs an incorrect hand change (see Part 2 Section 7, Page 16)
- c) Rests in a prohibited position for less than 5 seconds (see Part 2 Section 6, Page 15)
- d) Performs an extra swing between Repetitions

13. STOP Command

13.1 A STOP Command is used when an athlete is required to stop competing, return the Kettlebell(s) to their starting position and leave the platform area.

13.2 A STOP Command shall result in the Event no longer being eligible for an Australian Record.

13.3 In a Traditional Event an athlete will receive the score achieved at the time of the STOP Command being issued along with any relevant Rank.

13.4 A STOP Command during a Live Competition, Half Marathon or Marathon Event will result in a score of zero (0)

13.5 Athletes who complete in a Half Marathon or Marathon Event via Video Competition (including Video Submission), will receive their score at the time of the STOP Command being issued, provided they have continued to hold onto the Kettlebell(s) to achieve the time limit.

13.6 A STOP Command is issued by a judge in an Athlete:

- a) Receives the same Level 2 Penalty for a second time
- b) Touches the Kettlebell(s) with their spare hand
- c) Use their free hand to execute a Repetition attempt
- d) Rests in a prohibited position for more than 5 seconds (see Part 2 Section 6, Page 14)
- e) Performs the Discipline in a way that endangers themselves or others
- f) Is seen to experience a level of fatigue or exhaustion that poses a risk to the athlete
- g) Allows the kettlebell(s) to touch the platform causing the Kettlebell(s) to lose momentum
- h) Drops the Kettlebell(s)
- i) Places the Kettlebell(s) on the Lifting Platform
- j) Steps off the Lifting Platform.
- k) Disobeys the command of the Head Judge.
- l) Performs a Clean during the Discipline of Jerk.
- m) Touches the Lifting Platform with any part of their body other than their feet
- n) Receives assistance or resources outside the Fluffing Windows (see Part 2 Section 8, Page 17)
- o) Changes hands more than once during Traditional One Arm Long Cycle, One Arm Jerk, Snatch or Half Snatch Events
- p) Performs two (2) extra swings or more in a row
- q) Moves the Kettlebell(s) from the Lifting Platform before the Competition Timer starts
- r) Performs an extra swing before their first Repetition
- s) During Long Cycle or One Arm Long Cycle when shoulder setting is used to achieve a Start position
- t) During Video Competition Video Submissions, moves from their position so they are no longer in the recording frame
- u) During Jerk, lowers the Kettlebells from the Rack position.

16. Disqualification

16.1 Disqualification is a Penalty issued for serious offences.

16.2 A Disqualification shall result in a score of zero (0)

16.3 A Head Judge shall issue a Disqualification if an athlete:

- a) Acts without integrity & spirit (poor conduct) towards Judges or other athletes
- b) Does not return the Kettlebell(s) to the start position with the handle facing upwards
- c) Throwing or dropping the Kettlebell(s) intentionally
- d) In Marathon Events, placing the Kettlebell(s) down before time

Part 3

Competition Rules of Each Discipline

The following pages highlight the requirements for each Discipline which includes variable formats for Traditional Events, Half Marathon & Marathon Events and Military Snatch Event

1. LONG CYCLE (LC or OALC)

1. Discipline Overview

1.1 Performed with two (2) Kettlebells, Long Cycle, or one (1) Kettlebell, One Arm Long Cycle, is a two-phase exercise where the Kettlebell(s) are first cleaned into the Rack position, before being jerked into Overhead Fixation.

1.2 Once Fixation overhead is achieved, the Kettlebell(s) are lowered back to the Rack position, before being lowered and swung back past the legs. The Kettlebell(s) are then cleaned into the Rack position before the next Jerk cycle is completed.

2. Start Position

2.1 After the Competition Timer starts one (1) or two (2) Kettlebells are taken from the Lifting Platform and swung past the legs and cleaned into the Rack position.

2.2 In the Long Cycle Discipline with two (2) Kettlebells, it is permissible to swing the Kettlebells outside the legs or body in a 'Gunslinger Action' through the entire Event.

2.3 The Kettlebell(s) cannot be raised above the shoulder to find the first position, this will be a STOP Command.

3. Rack Position

3.1 In the Rack position, the Kettlebell(s) sits comfortably against the chest, the arms tucked in and pressed into the trunk, with the elbows under the weight of the Kettlebell(s). Legs, knees and feet are in an anatomically neutral position.

3.2 If a belt is worn the arms cannot touch the belt while in Rack position.

3.3 Athlete must Mark the Rack (see Part 2 Section 4, Page 14)

4. Performing the Jerk

4.1 Kettlebell(s) must be moved from the Rack to overhead Fixation in a continuous movement.

4.2 *Within the Jerk cycle there are two distinct dips:*

- a) 1st Dip with the Kettlebell(s) in the Rack position
- b) 2nd Dip just after the initial leg drive with the Kettlebell(s) rising and just prior to the elbows being locked out

4.3 If the Judge does not see a distinguishable 2nd Dip, the athlete will be issued a No Count.

5.Overhead Fixation

- a) A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- b) Consistent Alignment must be achieved (see Part 2 Section 3, Page 14)
- c) If during the Jerk Cycle the attempt is failed, the athlete must perform a Clean before another Jerk is attempted
- d) Fixation must be achieved to score a Count on a Repetition (see Part 2 Section 2, Page 13)

6.The Drop

- a) After overhead Fixation is achieved, the Kettlebell(s) return to the Rack position
- b) In the Drop, the athlete must Mark the Rack position with the arm(s) visibly reconnecting with the torso and heels flat to the floor
- c) In the Drop the Kettlebell(s) may be '*bouldered,*' or '*touch and go,*' from the overhead position till the Dead Stop
- d) If an athlete drops directly into a swing, without the arm connecting to the body to Mark the Rack. It is deemed to be performing the wrong exercise and receives a Level 2 Penalty (see Part 2 Section 12, Page 20)
- e) The athlete may rest in the Rack position after a Jerk attempt, before attempting a Clean

7.Performing the Clean

- a) The Kettlebell(s) are swung from the Dead Stop, past the legs, to the Rack position in one continuous movement
- b) The athlete must Mark the Rack before attempting a Jerk (see Part 2 Section 4, Page 14)
- c) Failure to mark the Rack will result in a No Count (see Part 2 Section 11, Page 20)
- d) The Athlete may rest in the Rack position after the Clean, before the Jerk

8.Resting Position

8.1 There are two (2) permissible Resting Positions during Long Cycle:

- a) Overhead Fixation
- b) Rack position

9.Hands Changes

9.1 Traditional Events with a single Kettlebell, are permitted to hand change once at any stage during a Competition Event.

9.2 A Judge may command an athlete to change hands

9.3 Single Kettlebell One Arm Long Cycle Traditional Events:

- a) Athlete must change hands with a hand-to-hand swing
- b) It is not mandatory to change hands during a Competition Event, an athlete may complete a Competition Event with a Single Kettlebell on one hand

9.4 Single Kettlebell One Arm Long Cycle Half Marathon/Marathon Events:

- a) Athlete is allowed to have multiple hand changes for the duration of the Event (see Part 2 Section 7, Hand Changes, Page 16).

10. Count

10.1 A repetition is counted when the athlete:

- a) Performs a Clean
- b) Successfully marks the Rack
- c) Performs a Jerk
- d) Achieves consistent Alignment
- e) Achieves Fixation

10.2 Athletes with anatomical issues affecting Alignment or Fixation must bring this to the attention of the Platform Judge before the commencement of the Competition Event and demonstrate the ability to achieve consistent Alignment.

2. JERK (or OAJ)

1. Discipline Overview

1.1 Performed with two (2) Kettlebells, Jerk, or one (1) Kettlebell, One Arm Jerk, the Kettlebell(s) are first cleaned into the Rack position, followed by being jerked into Overhead Fixation.

1.2 After Fixation is achieved, the Kettlebell(s) are lowered back to the Rack position, before commencing the next Jerk repetition.

2. Start Position

2.1 After the Competition Timer starts one (1) or two (2) Kettlebells are taken from the Lifting Platform and swung back past the legs and cleaned into the Rack position.

2.2 In the Jerk Discipline with two (2) Kettlebells, it is permissible to swing the Kettlebells to the initial Rack Position via a Gunslinger Action, e.g., the Kettlebells, swung outside the legs.

2.3 Athletes may perform a clean above the shoulder on the first Repetition to find the start position.

3. Rack Position

3.1 In the Rack position the Kettlebell(s) sits comfortably against the chest, the arms tucked in and pressed into the trunk, with the elbows under the weight of the Kettlebell(s).

3.2 Athlete must mark the Rack between each Repetition of the Jerk (see Part 2 Section 4, Page 14)

3.3 The athlete may rest in the Rack position between Repetitions of the Jerk (See Part 2 Section 6, Page 15)

3.4 If a belt is worn the arms cannot touch the belt while in Rack position

4. Performing the Jerk

4.1 Once the Rack is marked, the Kettlebell(s) may be moved from Rack to overhead Fixation in a continuous movement.

4.2 *Within the Jerk cycle there are two distinct knee dips:*

- a) 1st Dip with the Kettlebell(s) in the Rack position
- b) 2nd Dip just after the initial leg drive with the Kettlebell(s) rising and just prior to the elbows being locked out
- c) If the Judge does not see a distinguishable 2nd dip, the athlete will be issued a No Count

5. Overhead Fixation

- a) A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- b) Consistent Alignment must be achieved (see Part 2 Section 3, Page 14)
- c) Fixation must be achieved to score a Count on a Repetition (see Part 2 Section 2, Page X3)

6. The Drop

- a) After overhead Fixation is achieved the Kettlebell(s) are returned to the Rack position
- b) In the Drop, the athlete must Mark the Rack position with the arm(s) visibly reconnecting with the torso and feet flat to the floor
- c) In the Jerk/One Arm Jerk events ONLY, an athlete may momentarily touch the shoulders when descending into the Rack in one continuous movement
- d) When completing Jerk with two (2) Kettlebells, if the athlete drops the Kettlebells from the Rack position a STOP Command is given
- e) When completing One Arm Jerk in Traditional Events, if the athlete drops the Kettlebell from the Rack position, a hand change must occur or a STOP Command will be given

7. Resting Position

7.1 There are two (2) permissible rest positions during Jerk:

- a) Overhead position
- b) Rack Position

8. Hands Changes

8.1 Traditional Events with a single Kettlebell, are permitted to hand change once at any stage during a Competition Event.

8.2 The Judge may command an athlete to change hands

8.3 Single Kettlebell One Arm Jerk Traditional Events

- a) Athlete must change hands with a hand-to-hand swing
- b) It is not mandatory to change hands during a Competition Event set and an athlete may complete a Competition Event with a Single Kettlebell on one hand

8.4 Single Kettlebell One Arm Jerk Half Marathon/Marathon Events

- a) Athlete is allowed to have multiple hand changes for the duration of the Event (see Part 2 Section 7, Page 16).

9. Count

9.1 A repetition is counted when the athlete:

- a) Successfully Marks the Rack
- b) Performs a Jerk
- c) Achieves consistent Alignment
- d) Achieves Fixation

9.2 Athletes with anatomical issues affecting Alignment or Fixation must bring this to the attention of their Platform Judge before the commencement of the Competition Event and demonstrate the ability to achieve consistent Alignment.

2. DOUBLE HALF SNATCH (DHS or HALF SNATCH)

1. Discipline Overview

1.1 Performed with two (2) Kettlebells, Double Half Snatch, or one (1) Kettlebell, Half Snatch is a two phased swing based and dynamic ballistic event, where in one smooth and continuous action, the Kettlebell(s) are swung past the legs into overhead Fixation, before being lowered to the Rack position.

2. Starting Position

2.1 After the Competition Timer starts, one (1) or two (2) Kettlebell(s) are taken from the platform and swung past the legs. Then in one smooth motion propelled into overhead Fixation.

2.2 In the Double Half Snatch Discipline with two (2) Kettlebells, it is permissible to swing the Kettlebells outside the legs or body in a 'Gunslinger Action' through the entire event.

3. Overhead Fixation

- a) A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- b) Consistent Alignment must be achieved (see Part 2 Section 3, Page 14)
- c) Fixation must be achieved to score a Count on a Repetition (see Part 2 Section 2, Page 13)

4. The Drop

- a) After overhead Fixation is achieved the Kettlebell(s) are returned to the Rack position
- b) In the Drop, the athlete must Mark the Rack position with the arm(s) visibly reconnecting with the torso and heels flat to the floor
- c) In the Drop the Kettlebell(s) may be '*bouldered,*' or '*touch and go,*' from the overhead position to the Dead Stop
- d) If an athlete drops directly into a swing, without the arms connecting to the body to Mark the Rack, they are deemed to be performing the wrong exercise and receives a Level 2 Penalty (see Part 2 Section 12, Page 20)
- e) The athlete may rest in the Rack position before attempting the next Repetition

5. Rack Position

5.1 In the Rack position, the Kettlebell(s) sits comfortably against the chest, the arms tucked in and pressed into the trunk, with the elbows under the weight of the Kettlebell(s). Legs, knees and feet are in an anatomically neutral position.

5.2 If a belt is worn the arms cannot touch the belt while in Rack position.

5.3 Athlete must Mark the Rack (see Part 2 Section 4, Page 14)

6. Resting Position

6.1 There are two (2) permissible rest positions during Half Snatch:

- a) Overhead position
- b) Rack Position

7. Hand Changes

7.1 Traditional Events with a single Kettlebell, are permitted to hand change once at any stage during a Competition Event.

7.2 The Judge may command an athlete to change hands

7.3 Single Kettlebell One Arm Half Snatch Traditional Events

- a) Athlete must change hands with a hand-to-hand Swing
- b) It is not mandatory to change hands during a Competition Event set and an athlete may complete a Competition Event with a Single Kettlebell on one hand

7.4 Single Kettlebell Half Marathon/Marathon Events

- a) The athlete is allowed to have multiple hand changes for the duration of the Event (see Part 2 Section 7, Page 16).

8. Count

7.1A repetition is counted when the athlete:

- a) Performs a Half Snatch
- b) Achieves consistent Alignment
- c) Achieves Fixation
- d) Successfully Marks the Rack

8.2 Athletes with anatomical issues affecting alignment or Fixation must bring this to the attention of the Judge before the commencement of the Competition Event and demonstrate the ability to achieve consistent Alignment.

4. SNATCH (including Military Snatch)

1. Discipline Overview

1.1 Performed with one (1) Kettlebell, the Snatch is a dynamic ballistic event, where in one smooth and continuous action, the Kettlebell is swung past the legs into overhead Fixation.

2. Starting Position

2.1 After the Competition Timer starts one (1) Kettlebell is taken from the platform with one hand and swung past the legs. Then in one smooth action propelled into Overhead Fixation.

3. Overhead Fixation

- a) A brief pause is required in the overhead position with the knees and elbows extended and the body position vertical
- b) Consistent Alignment must be achieved (See Part 2 Section 3, Page 14)
- c) Fixation must be achieved to score a Count for a Repetition (see Part 2 Section 2, Page 13)

4. The Drop

- a) After Overhead Fixation, the Kettlebell is lowered and must be returned between the legs in one continuous action
- b) The Kettlebell may not touch the trunk, rest on the shoulder or be placed in the Rack Position
- c) The Kettlebell must be swung between the legs
- d) If the Kettlebell touches the platform but does not lose momentum the athlete can continue competing

5. Resting Position

5.1 There is only one (1) resting position in the Kettlebell Snatch.

- a) Overhead position

6. Hands Changes

6.1 Traditional Events with a single Kettlebell, are permitted to hand change once at any stage during a Competition Event.

6.2 The Judge may command an athlete to change hands.

6.3 Single Kettlebell Snatch Traditional Events

- a) Athlete must change hands with a hand-to-hand Swing
- b) It is not mandatory to change hands during a Competition Event set and an athlete may complete a Competition Event with a Single Kettlebell on one hand

6.4 In Single Kettlebell Military Snatch Events

- a) The athlete is allowed to have multiple hand changes for the duration of the events, completed as the standard hand-to-hand swing

6.5 Single Kettlebell Snatch Half Marathon/Marathon Events

- a) The athlete is allowed to have multiple hand changes for the duration of the Event (see See Part 2 Section 7, Page 16)

7.Count

7.1 A repetition is counted when the athlete:

- a) Performs a Snatch
- b) Achieves consistent Alignment
- c) Achieves Fixation

7.2 Athletes with anatomical issues affecting alignment or Fixation must bring this to the attention of the Judge before the commencement of the Competition Event and demonstrate the ability to achieve consistent Alignment.

Part 4

Competition Information

1. Membership

1.1 Athletes wishing to compete at a Girevoy Sport Australia Competition, either a Live Competition or via Video Competition, must be financially up to date for that specific calendar year.

1.2 Membership information can be found at <https://www.girevoysportaustralia.org>

2. Live Competitions

2.1 Girevoy Sport Australia delivers Competitions at Hubs around Australia. The Live Competitions include:

- a) Interstate Open/s
- b) State of Origin
- c) WKSF Oceania Cup
- d) IUKL Oceania Cup
- e) Australian National Kettlebell Championship

2.2 Athletes can compete via a Video Competition Registration as a Video Submissions before Interstate Open Competitions, and special circumstance ONLY for the Australian National Kettlebell Championship (see Part 4 Section 3.7, Page 33).

3. Competition Registration

3.1 Prior to Competition Registrations closing, Girevoy Sport Australia will communicate to all financial members, this communication will be via three (3) formal emails.

3.2 Athletes must register and pay for each Competition prior to competing.

3.3 Late Competition Registrations will NOT be accepted, except for extenuating circumstances, which will be accepted at the discretion of a GSAA Representative or a GSAA Committee Member.

3.4 Athletes can compete via Live Competition or Video Competition as a Video Submission.

3.5 Video Competition Registrations will be available for all Interstate Opens.

3.6 Video Competition Registrations will NOT be available for Oceania Cups and State of Origin.

3.7 Video Competition Registrations are only available at GSAA Australian Nationals for Australians residing Internationally at the time of competition.

3.8 Video Competition Registrations are NOT eligible for Australian Records.

3.9 Video Competition Registration will close at 11.59pm AEST/AEDT on the previous Thursday (nine (9) days) prior to the Live Event.

- 3.10** Video Competition Registrations will receive an email with instructions (see Part 4 Section 15, Page 38) on Friday (eight (8) days) prior to the upcoming Competition
- 3.11** Video Competition Registrations must adhere to the requirements for Video Submissions (see Part 4 Section 15, Page 38).
- 3.12** The Live Competition Registration window will close at 11.59pm AEST/AEDT on the previous Friday (eight (8) days) prior to the upcoming Competition.
- 3.13** Athletes will not be entitled to change their Event or Discipline after Competition Registration.
- 3.14** Athletes will be entitled to change the weight of the Kettlebell/s (decrease only), and Event duration (10minute to 5minute ONLY) prior to their flight.
- 3.15** Additional Competition Registration information for GSAA Australian National Kettlebell Championship can be found in Part 5 Section 4, Page 45
- 3.16** Athletes are reminded to review relevant Policies & Procedures to compete at a GSAA Competition
- 3.17** If an athlete is sick or injured and advises GSAA in a timely manner, a Competition Registration can be transferred, which only applies to Interstate Opens & State of Origin. WKSF/IUKL & Australian National Kettlebell Championship are non-refundable

4. Competition Communication

- 4.1** After Competition Registrations, confirmation of payment will be via email.
- 4.2** Athletes competing via Video Competition see Part 4 Section 3, Page 33 & 15.4, Page 39 .
- 4.3** Athlete competing via Live Competition will receive a preliminary Flight Schedule as early as seven (7) days prior or as late as one (1) day prior to Competition.
- 4.4** GSAA Australian National Kettlebell Championship may have differing schedules for Competition Communication.

5. Flight Schedule

- 5.1** Athletes will receive a preliminary Flight Schedule as early as seven (7) days prior or as late as one (1) day prior to Competition.
- 5.2** GSAA Representative will develop the Flight Schedule to ensure required recovery periods are met for specific Competition Events (Biathlon/Triathlon).
- 5.3** The Flight Schedule will attempt to provide adequate recovery period for athletes; however, this is not guaranteed.
- 5.4** At Interstate Opens and State of Origin, the Flight Schedule order may vary between Competitions.
- 5.5** Interstate Opens are flexible, hence, athletes competing in multiple Events may switch their Event order, if suitable based on like for like timings.
- 5.6** Athletes will NOT be entitled to change their Event or Discipline after registration.
- 5.7** Athletes will be entitled to change the weight of the Kettlebell/s (decrease only)

5.8 Any changes must be communicated with GSAA Representative to ensure accurate data collection.

5.9 Oceania Cups and The Australian National Kettlebell Championship follow a preset Flight Schedule format. No adjustments can be made after the Flight Schedule is released.

5.10 Flight Schedules are preliminary, any errors may result in a change. Athletes are encouraged to check for updates via social media or website.

6. Competition Venues/Hubs

6.1 GSAA engages with Metropolitan and Region Representatives around Australia to host Competitions. These Competitions allow for the growth and development of Kettlebell Sport in Australia.

6.2 Competition Venues/Hubs must be equipped with adequate

- a) Competition Platforms (see Part 1 Section 9.1, Page 10)
- b) Competition Kettlebells (see Part 1 Section 9.2, Page 10)
- c) Competition Timer(s)
- d) Calibrated scales to verify Athlete and Kettlebell(s)
- e) Camera/Phone stands for Video Recording
- f) Restrooms on site, or within a reasonable distance on the premises
- g) A warm-up area
- h) Suitable access to water
- i) Chalk
- j) Cleaning supplies
- k) Access to a First Aid Kit and AED (or the closest location recorded)
- l) Parking

6.3 Competition Venues/Hubs must be clean, welcoming and adhere to managing safety risks by demonstrating a completed Safety Checklist prior to the first flight of the Competition.

6.4 Pre-Competition Safety Checklist is available on request

7. Pre-Competition Weigh-In

7.1 All athletes are required to complete a Pre-Competition Weigh-In at the Competition Hub with a GSAA Representative present.

7.2 Pre-Competition Weigh-In must be completed 30 minutes before the first flight of the day, prior to the Mandatory Pre-Competition Meeting.

7.3 Calibrated scales will be used to complete the Pre-Competition Weigh-In

7.4 Scales will be calibrated by using a Competition Kettlebell(s) that is within +/- 200g of the Kettlebell(s) weight.

8.Mandatory Pre-Competition Meeting

8.1 Scheduled 30 minutes prior to the first flight for Interstate Opens & State of Origin.

8.2 Timing may vary for Oceania Cups and The Australian National Kettlebell Championship; this will be communicated via email.

8.3 Athletes not in attendance for the Mandatory Pre-Competition Meeting may be disqualified from competing.

8.4 GSAA accepts extenuating circumstances may arise. This will be determined by the GSAA Representative, where communication has been timely.

8.5 The Mandatory Pre-Competition Meeting may include Acknowledgement of Country, safety briefing, review of the Competition Rules, Flight Schedule updates, task delegation and additional updates.

9.Pre-Event-Requirements

9.1 The athlete must be ready to take their position on the Lifting Platform two (2) minutes before their flight commences.

9.2 If an athlete has any limitations, it is their responsibility to inform their Platform Judge before the commencement of the flight.

9.3 Athletes aiming to achieve a Certified Rank or Australian Record, must demonstrate lockout to the Platform Judge and camera for Video Submissions.

9.4 With athletes on the Lifting Platform, a GSAA Representative will give an official countdown from 10 to 5, followed by the command “on your clocks”.

9.5 The Athlete is permitted to put their hand onto the handle of the Kettlebell(s) but not move the Kettlebell(s) until the commencement of the flight.

9.6 If an athlete removes the Kettlebell(s) from the Lifting Platform before the Competition Timer starts, they will be issued the STOP Command by their Platform Judge. This will result in a Disqualification.

10.Post-Event-Requirements

10.1a Athletes must place Kettlebell(s) back in on the Lifting Platform with handle facing upwards.

OR

10.1b Athletes may remove the Kettlebell(s) by carrying off the Lifting Platform.

10.2 Athletes must remove Kettlebell/s from the Lifting Platform and wipe after use.

10.3 Athletes must ensure information is recorded correctly with a GSAA Representative.

10.4 Athletes must understand the requirements for Video Submissions for Video Competition, Certified Ranks and Australian Records.

11.Judging Requirements

11.1 All athletes are required to Judge or assist with Judging Requirements.

11.2 Athletes competing for a Certified Rank (see Part 4 Section 12, Page 37) or an Australian Record (see Part 4 Section 14, Page 38) will be Judged according to the Competition Rules.

11.3 Athletes competing for a Certified Rank or an Australian Record are required to be Judged by a suitable Judge (Rank 1 or above) at Live Competitions to ensure consistency across Scoring, Counts and Penalties.

11.4 Athletes who are issued a Level 2 Penalty will not be eligible for an Australian Record.

11.5 Athletes competing for a Certified Rank or an Australian Record are required to submit their Event/Discipline for review by the GSAA Judging Panel.

11.6 Athletes who submit their Event/Discipline will receive a Feedback Card and can dispute their result.

12.Certified Ranks

12.1 The growth and development of GSAA is demonstrated by more individuals achieving higher Ranks. To ensure a high standard, to obtain a Certified Rank athletes must submit their Event/Discipline for review by the GSAA Judging Panel.

12.2 The Judging Panel has been selected by Girevoy Sport Australia Committee Members, ensuring representation from each competing state, and an even mix of women and men.

12.3 A Certified Rank is required for any Event above a Rank 1, using a Kettlebell Weight that demonstrates a Rank on the GSAA Ranking Table, or an Event that would qualify an athlete for the Australian National Kettlebell Team:

- a) Open – MSTA, MS, CMS, Rank I
- b) Veteran – V-MS, V-CMS, V-Rank I, V-Rank 2* (*Only if applicable for the athlete Age Category relevant to Australian Qualifications)
- c) Junior – J-MS, J-CMS, J-Rank 1

12.4 A Certified Rank does not require the completion of the entire Event, except for Half Marathon and Full Marathon Events.

12.5 Submitting for Certified Ranks or Australian Records, ensures that individuals offered a place on the Australian National Kettlebell Team, have met Australian and International standards.

12.6 To submit an Event/Discipline for Certified Ranks, athletes must follow the Video Submission requirements (see Part 4 Section 15, Page 38).

13. Australian National Kettlebell Team

13.1 Information regarding qualification for the Australian National Kettlebell Team can be found in the GSAA Australian Team Qualification Standards

14. Australian Records

14.1 To obtain an Australian Record, athletes must submit their Event ensuring to meet the requirements for a Video Submission (See Part 4 Section 15, Page 38).

14.2 How do you set or Break an Australian record?

- a) Can only be achieved at a Live GSAA Competition with Competition Timers
- b) To be eligible, the full time of your Event must be completed before putting the Kettlebell(s) down
- c) For an Australian Record in Traditional Biathlon or Triathlon Events, the athlete must complete 10 minutes in all Disciplines
- d) Film the Event/s for the full time limit
- e) Athletes who receive a Level 2 Penalty will be ineligible for an Australian Record
- f) Complete a Video Submission within four (4) days of the Competition completion for review by the GSAA Judging Panel
- g) Adhere to the Video Submission Requirements (see Part 4 Section 15, Page 38)

15. Video Submissions

15.1 Video Submissions are utilised for

- a) Video Competition Registrations (see Part 4 Section 2.2, Page 33)
- b) Certified Ranks (see Part 4 Section 12, Page 37)
- c) Australian Records (see Part 4 Section 13, Page 38)

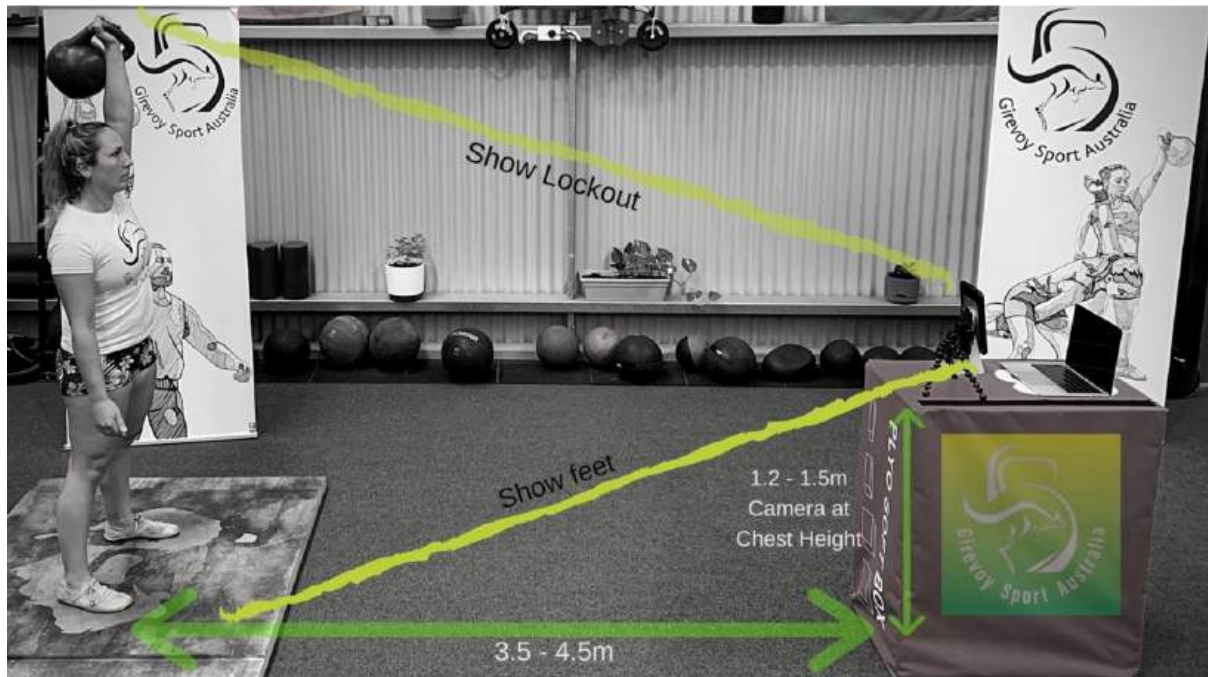
15.2 Live Competition Video Submission

15.2.1 To be eligible for Certified Ranks and Australian Records, the standard requirement for Video Recording and subsequent Video Submission from a Live Competition includes:

- a) Front-on filming
- b) Athlete fills most of the frame
- c) Athlete is centered, e.g., the camera is a hip/waist height and not filmed from the floor (see Part 4 Section 14.3)
- d) The image must be stable and in focus
- e) No oblique angles
- f) The Competition Timer should not be in view
- g) Kettlebell(s), hands, elbows, knees and feet must be visible
- h) Uniform requirements as per the Competition Rules
- i) Demonstrate lockout of both arms to the camera before starting your Event
- j) Uploaded to either YouTube or Vimeo with music removed
- k) Setting to unlisted/public

- l) Videos kept for six (6) months for further review
- m) Submitted within four (4) days of the Competition/Event completion. Anything submitted after for (4) days will not be accepted
- n) Video Submission made via a designated link on the GSAA Website

15.3 Filming Example for Live & Video Submission



15.4 Video Competition Video Submission

15.4.1 The standard requirement for a Video Competition Registration and subsequent Video Submission entries includes:

- a) A recording device with the ability to store large video files and obtain full view of the athlete during the Weigh-In process and the Competition Event/Discipline
- b) A space to compete with a hard surface (timber, cement, tile), that is free of foot traffic
- c) Digital bathroom scales (analogue will not be accepted) to weigh the athlete and Kettlebell(s)
- d) A Verification Password
- e) Knowledge of the Competition Rules for each Discipline (see Part 3)
- f) Knowledge of the Video Submission requirements for Live Competition (see Part 4 Section 14.2a to i and 14.3, Page 38)
- g) Understand the additional steps required for Video Competition Video Submissions (see Part 4 Section 15.5, Page 39)

15.5 Additional Requirements for Video Competition:

- a) Athletes must film each Event in One Single Shot (except for Biathlon/Triathlon, see Part 4 Section 15.6, Page 40)
- b) This includes presenting the Verification Password, Weigh-In of the athlete and Kettlebell(s), any prep time, including adjusting competing attire (shoes/clothing) and the entire Competition Event/Discipline
- c) The athlete is required to remain in the shot for the entire recording, with the exception to move a camera to the scale
- d) An example for weigh in (<https://youtu.be/k3w2n3Z7wOg>)
- e) The athlete may move the scale to the camera if it is more feasible
- f) For Video Competition Video Submissions, the minimum clothing requirement for Men is shorts, the minimum clothing requirements for Women is shorts and sports bra
- f) If the athlete requires a Verification & Weigh-In to take place in a separate room to where the Competition Event/Discipline will take place, the athlete must ensure to remain in the camera while transitioning
- g) The Kettlebell(s) mass must meet the +/- requirements listed in Part 2 Section 9.2, Page 10)
- h) The Verification Password should be displayed in the recording by way of writing on a card or visual aid (whiteboard/tablet) to ensure that if the Video Submission need be muted for copyright issues there are no complications
- i) Example of a muted Verification Password can be found here (https://youtu.be/qQMF_ncaKOc)
- j) The Verification Password will be provided via email to the athlete on a Friday morning
- k) The athlete will have from the arrival of the Verification Password until Sunday 11.59pm AEDT/AEST to complete their Event/Discipline and submit
- l) The Video Submission link is available on the GSAA website, or in the Verification Password email
- m) Follow Part 4 Section 15.2.1j to l, Page 38
- n) The athlete is required to place the Kettlebell(s) back on the platform/surface when the Event is completed

15.6 Multiple Discipline Events (One Arm Biathlon/Biathlon & Triathlon):

- a) The athlete should follow information in Part 4 Section 15.2, 15.3, 15.4 & 15.5 for all Disciplines within the Event
- b) Where Multiple Discipline Events differ, is that when an athlete has completed the first Discipline, they may rest as they see fit, this includes not needing to remain on camera
- c) When the athlete decides to complete the second or third Discipline in the Event, they must repeat the process from Part 4 Section 15.5a, Page 40, including Verification Password, athlete, Kettlebell(s) Weigh-In and completion of the Event in the one shot

16. Judging Process

16.1 All Certified Rank attempts and Australian Record attempts that are submitted for Video Submission Review are Judged by suitable Judges

16.2 During the Video Submission Review there may be three (3) Judges involved in the process:

- a) First Judge – The First Judge assigned from the Judging Panel
- b) Second Judge – The Second Judge assigned should an additional review be required
- c) Adjudicating Judge – The Final Judge assigned to finalise the review

16.3 If the GSAA Judging Panel highlights a discrepancy a flag is raised causing an “Investigation Process”.

16.4 A discrepancy is noted as a percentage difference from a Live Competition result and a Judging Panel review.

- a) Traditional or Military Snatch Events – 15% +/-
- b) Half Marathon/Marathon Events – 10% +/-

16.5 If an “Investigation Process” is required, this occurs by a Second Judge. If the Second Judge's result is within 7% (+/-) of the First Judge result, the average of the two results is the final Score or Repetitions.

16.6 If the “Investigation Process” by the Second Judge is NOT within 7% (+/-) of the First Judge result, a final Investigation is completed by the Adjudicating Judge, whereby the average of all three reviews is the final Score/Repetition.

17. Judging Disputes

17.1 Athlete's will have seven (7) days to appeal the Judge's decision. The decision to appeal will incur an additional payment to that of the original event.

17.2 Before payment. Athletes will be advised if their Video Submission has been subject to the Investigation Process, including how many Judges on the GSAA Judging Panel have reviewed the Competition entry.

17.3 If a dispute occurs and the initial Video Submission Review did not enter the Investigation Process, this will occur in its entirety.

17.4 If a dispute occurs and the initial Video Submission did enter the Investigation process, this will be completed through to Adjudicating Judge, with an additional step taken, being the Video Submission Judged the Vice President or President.

17.5 No appeals can be submitted after seven (7) days and the original result will stand.

18. International Australian Athletes

18.1 Australian athletes who are living Internationally permanently can still qualify to represent Australia and compete at the Australian National Kettlebell Championship

18.2 Athletes are to follow the same requirements for Competition Registration set out in the GSAA Australian Team Qualifications

18.3. As Competition Registrations are Video Registrations, athletes are ineligible for Australian Records

18.4 Athletes who are registering for the Australian National Kettlebell Championship may enter Events as Single Registrations ONLY, this deduces that:

- a) No Event bundles will be available
- b) To register for Multiple Discipline Events (Triathlon/Biathlon), athletes will need to register for each Event/Discipline individually
- c) Athletes that do register for all Disciplines within Multiple Discipline Events will only be able to medal in single Disciplines
- d) Athletes results in the form of Repetitions (Not Pigdon Points), will be released to other athletes in the same Disciplines at the Australian National Kettlebell Championship in the preceding Flight (e.g., 5minutes before the other athletes compete)
- e) International athletes cannot compete for podium positions of multi-disciplined Events (e.g., Biathlon, Triathlon) at the Australian National Kettlebell Championship
- f) International athletes are eligible to achieve Rank in Biathlon and Triathlon
- g) International athletes are eligible to qualify for the Australian National Kettlebell Team in Triathlon and Biathlon

Part 5

Special Competitions

1. Lifter of the Year

1.1 The 2023 Girevoy Sport Australia season saw the introduction of Lifter of the Year (LOTY).

1.2 This is awarded in specific Divisions for the Lifter who achieves the highest amount of total Pigdon Points (PP) across all Disciplines prior to the GSAA Australian National Kettlebell Championships.

1.2 How to become Lifter of the Year (LOTY):

- Submit ONE (1) Traditional Event and/or ONE (1) Half Marathon Event result per GSAA Competition towards athletes total PP
- Disciplines eligible for PP totals include Long Cycle, Jerk, Snatch, OALC, OAJ, Half Snatch & Double Half Snatch
- Military Snatch is NOT included in LOTY
- The athlete with the highest PP score in each Division (see below) after the State of Origin will be declared Lifter of the Year and awarded at the 2025 GSAA National Kettlebell Championships
- Eligible Competitions include all GSAA Interstate Opens and GSAA State of Origin
- Oceania Cups are excluded from LOTY PP totals

1.3 Categories

Traditional	Half Marathon
Open Women's	Open Women's
Open Men's	Open Men's
Junior Boys	Junior Boys
Junior Girls	Junior Girls
Veteran Women's	Veteran Women's
Veteran Men's	Veteran Men's

1.4 Lifter of the Year (LOTY) specifics

- Athletes may submit ONE (1) Traditional Event and/or ONE (1) Half Marathon Event result per GSAA Competition towards their LOTY total
- Athletes that compete in Biathlon or Triathlon may select ONE (1) of the Disciplines to go towards their LOTY total, e.g., Long Cycle, but not Snatch
- Athletes competing in multiple events, Biathlon or Triathlon must specifically state which Discipline will go towards their LOTY points
- Athletes that compete in multiple events on the day of competition, or multiple events including Live Competition and Video Competition may submit ONE (1) Event towards their LOTY total
- Discipline specification can be made during Competition Registrations in the notes section, or direct to GSAA via email

- f) Athletes may only enter in one Division in the Competition season, E.g., an athlete may only submit Disciplines to Open, Veteran or Junior Divisions. Not multiple division.
- g) Athletes who compete in multiple Divisions must inform GSAA via registrations or email which category they are entering
- h) In the event an athlete does not specify, a Division will be selected based on previous Competition results or previous season results
- i) Athletes may choose to replace an existing Discipline score with a better result if they desire, however, this cannot be done retroactively.

1.5 Submission Requirements

- a) Live Competition results (below a Rank 1) will be considered to be judged to the acceptable standard as per the Competition Rules
- b) Rank 1s and above are required to be submitted for Video Submission (see Part 4 Section 14)
- c) Any videos submitted including Record Attempts, Certified Ranks and Video Submission for Video Competitions will be reflected in LOTY points
- d) Video Competition entries will be included in LOTY

2.State of Origin

2.1 State of Origin will require each state to communicate and coordinate amongst themselves, to ensure the highest score (Pidgon Points) is achieved across all seven Disciplines available in Lifter of the Year in x2 formats.

2.2 How it works:

2.2.1 Part 1: Traditional Events & Disciplines

- a) A State can submit seven (7) 10-minute Events to their score
- b) A State can submit one entry for each Disciplines, including Half Snatch, One Arm Jerk, One Arm Long Cycle, Snatch, Jerk, Long Cycle & Double Half Snatch
- c) This must be a combination of x4 Women/x3 Men
- d) States that cannot field x4 Women/x3 Men may have athletes complete a maximum of two (2) Events/Disciplines to the score
- e) States that cannot complete the seven (7) Disciplines, will forfeit these scores
- f) Scores will be calculated with Pigdon Points to demonstrate a coefficient

2.2.2 Part 2: Long Cycle Mixed Relay

- a) The Relay must be a combination of x3 Women/x3 Men
- b) States that cannot field x3 Women/x3 Men may have athletes compete on multiple occasions. This exception will only be made based on State Registrations
- c) The format will be 6x3minute efforts of ascending weights
- d) Scores will be calculated with Pigdon Points to demonstrate a coefficient
- e) State may choose their Kettlebells, as long as the order is ascending
- f) Increments can be by 2kg or larger (e.g, 8kg, 12kg, 16kg, 22kg, 24kg, 26kg)
- g) Athletes can be in any order, as long as the Kettlebell weight order is ascending

h) There will be a cap of Reps Per Minute to ensure correct technique occurs (Marking the Rack/Fixation), this will be x13RPM

3. International Affiliated Competitions

3.1 Girevoy Sport Australia may host and organise Competitions in partnership with International Affiliation Organisations such as IUKL & WKSF

3.2 These Competitions may be a mixture of affiliated organisations Rules and GSAA Rules

3.3 Exact information will be made available to members via the GSAA Website and emails

4. Australian National Kettlebell Championship

4.1 The Australian National Kettlebell Championship, the premier event in the Girevoy Sport Australia Competition calendar, with individuals from Australia and Internationally attending.

4.2 Video Submission are only available to Australians residing Internationally on a semi-permanent (6months of the year) and permanent basis.

4.3 The implementation of Classifications at the Australian National Kettlebell Championship ensure growth and development, plus allows athletes to compete at the highest level

4.4 Athletes who compete in the Professional Classification may only use Kettlebell(s) equivalent to CMS Ranks and above (CMS, MS, MSTA)

4.5 Athletes who have not qualified to represent Australia with a CMS prior to the Australian National Kettlebell Championship, may still compete in the Professional Classification

4.6 Athletes are only permitted to register for a single Classification during the entire Australian National Kettlebell Championship (see Part 5, Section 4.8, Page 46 for the full table and further explanation)

4.7 For further information, please review the 2024 & 2025 Australian Team Qualification Standards.

4.8 Australian National Kettlebell Championship Classifications

Women's Classifications	Kettlebells Available	Specifics	Australian Nationals Medal winners	Winners determined	Aus Qualifications
Amateur (incl. Junior)	<ul style="list-style-type: none"> Up to 18kg 	<ul style="list-style-type: none"> Permitted to use in-between weights 	<ul style="list-style-type: none"> 1st for all Disciplines 	<ul style="list-style-type: none"> Coefficient for all athletes 	<ul style="list-style-type: none"> Age & Rank Specific
Veteran	<ul style="list-style-type: none"> Up to 18kg 	<ul style="list-style-type: none"> Permitted to use in-between weights 	<ul style="list-style-type: none"> 1st for all Disciplines 	<ul style="list-style-type: none"> Coefficient for all athletes 	<ul style="list-style-type: none"> Age & Rank Specific
Professional	<ul style="list-style-type: none"> 20kg 24kg 28kg 	<ul style="list-style-type: none"> Permitted to use select weights ONLY 	<ul style="list-style-type: none"> 1st for each Weight Classes <ul style="list-style-type: none"> ➤ 65kg or less ➤ Greater than 65kg 	<ul style="list-style-type: none"> Coefficient within Weight Classes 	<ul style="list-style-type: none"> Qualify before Nationals with CMS Nationals can compete with any KB weight for International Discipline 1st or 2nd at Nationals in International weight class

Men's Classifications	Kettlebells Available	Specifics	Australian Nationals Medal winners	Winner determined	Aus Qualifications
Amateur (incl. Junior)	<ul style="list-style-type: none"> Up to 24kg 	<ul style="list-style-type: none"> Permitted to use in-between weights 	<ul style="list-style-type: none"> 1st for all Disciplines 	<ul style="list-style-type: none"> Coefficient for all athletes 	<ul style="list-style-type: none"> Age & Rank specific
Veteran	<ul style="list-style-type: none"> Up to 24kg 	<ul style="list-style-type: none"> Permitted to use in-between weights 	<ul style="list-style-type: none"> 1st for all Disciplines 	<ul style="list-style-type: none"> Coefficient for all athletes 	<ul style="list-style-type: none"> Age & Rank specific
Professional	<ul style="list-style-type: none"> 28kg 32kg 36kg 	<ul style="list-style-type: none"> Permitted to use select weights ONLY 	<ul style="list-style-type: none"> 1st for each Weight Classes <ul style="list-style-type: none"> ➤ 85kg or less ➤ Greater than 85kg 	<ul style="list-style-type: none"> Coefficient within Weight Classes 	<ul style="list-style-type: none"> Qualify before Nationals with CMS Nationals can compete with any KB weight for International Discipline 1st or 2nd at Nationals in International weight class